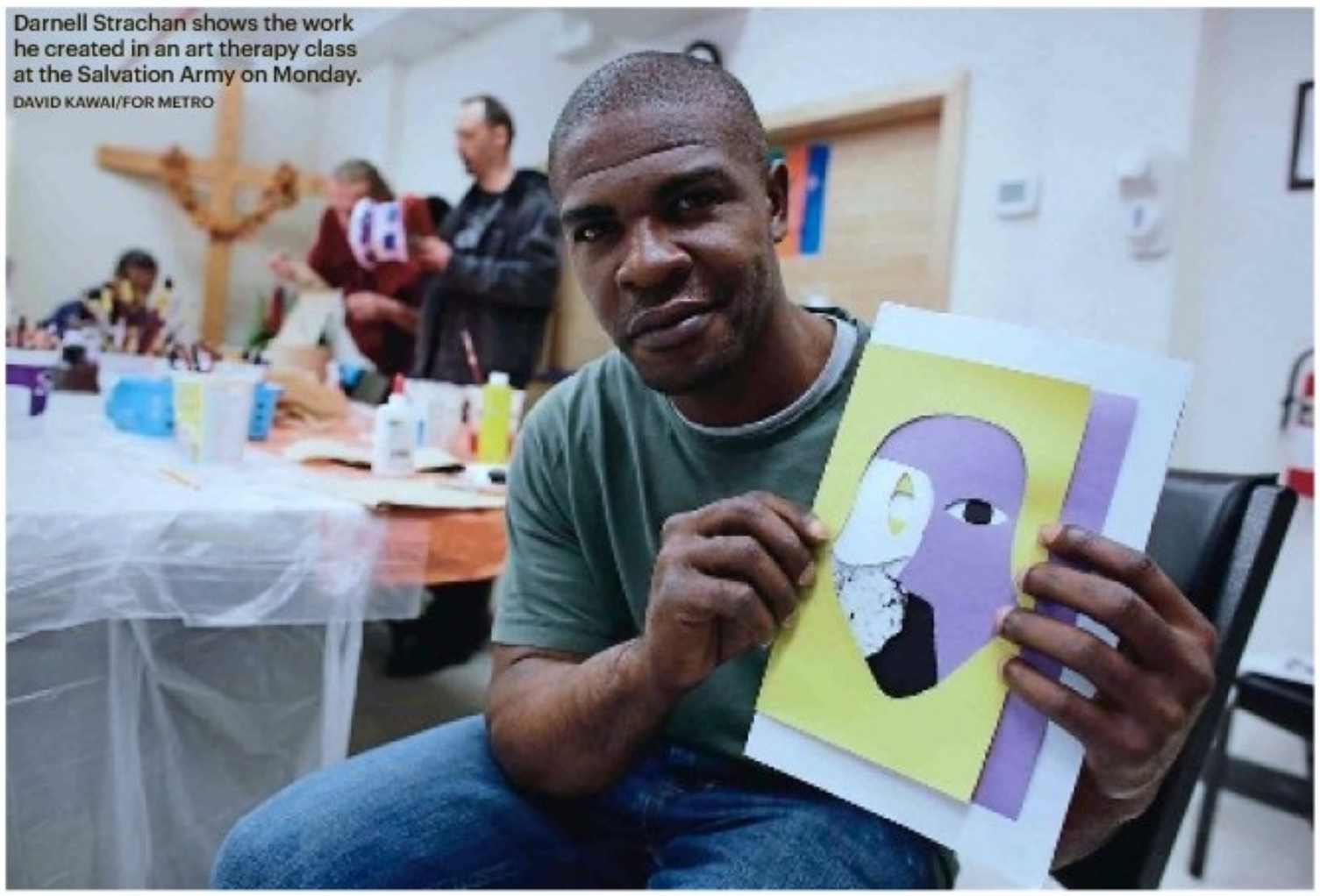
Ottawa metro

99
ON ICE
Gretzky's own whisky
metroNEWS

Your essential daily news | TUESDAY, OCTOBER 18, 2016

High 23°C/Low 8°C Chance of afternoon rain



Darnell Strachan shows the work he created in an art therapy class at the Salvation Army on Monday.
DAVID KAWAI/FOR METRO

PICTURE OF ADDICTION

Exhibition will showcase art by those seeking help metroNEWS

Hotel gives the public another shot

CHATEAU LAURIER

Expansion plans delayed to make time for more consultation

Haley Ritchie
Metro | Ottawa

The owners of the Chateau Laurier have decided to delay the formal expansion plans to make more time for community consultation.

"We felt it was important to get the public's input. We did not want to file any application prior to holding the community meeting," said Suzanne Valiquet, spokesperson for Larco Investments, the group that owns the Chateau.

"Originally we weren't sure we'd be holding another meeting, but because of the outpour on Sept. 14, we felt it was important to give the public another chance," she said.

In mid-September, the hotel unveiled plans for a contemporary glass and limestone addition to the north side of the building beside Major's Hill Park, where the parking garage currently sits.

The response to the modern design was lukewarm at best. Ottawa Mayor Jim Watson bluntly told designers to "go back to the drawing board."

The Chateau Laurier's heritage adviser told Metro there's no question a controversial expansion will face "rigorous" scrutiny at the hands of the NCC and city.

A date hasn't been set for the next consultation, but Valiquet said it will take place in mid- to late November. Attendees will be able to fill out a questionnaire and supply written feedback on a revised design, to be released at the end of October.

metro NEWS

Your essential daily news

Federal housing agency is raising a red flag about the state of real estate sector. **Business**

1 Boushey's Fruit Market was an Elgin Street landmark that closed last summer.

2 The Mayflower Restaurant and Pub on Elgin Street closed in October 2013 after 35 years in Ottawa. The pub has been reborn into a mobile food truck.

3 Local pub spot Elmdale House Tavern in Hintonburg was originally built in 1909 as a general store.

4 The decommissioned Prince of Wales Bridge was a popular spot to see the sunset and take photos, before enhanced fences went up in September, blocking the site for safety reasons.

5 The Carleton Tavern in Wellington West has been around for 80 years. It boasts loyal regulars who have been coming to the pub for decades.

6 Colin White was tipped off by the owner a month before the Raw Sugar café closed so that he could draw it. The eclectic spot was a regular Chinatown arts hub that closed in December 2015.

PHOTOS COURTESY COLINWHITE.CA

Streetscape artist shifts focus

CULTURE

Colin White seeks patrons, not consumers to fund work

Haley Ritchie
Metro | Ottawa

A local artist is turning from individual sales to a subscriber model to fund his work — including memories of an Ottawa that won't last.

Colin White grew up near Arnprior, but when he moved to Ottawa 10 years ago he felt like he didn't know the city. To get introduced, he grabbed his sketch pad.

"I started wandering around with my sketchbook," said White. "I would just stop and sketch an interesting scene or building, whatever it was — something that appealed to me. I saw it as practice and a kind of an excuse to travel around the city."

While sketching Bank Street in 2006, he found curious people would often approach him to ask about his work. Some offered advice, some offered anecdotes about the area and some wanted to buy original drawings.

White is a graphic designer and illustrator by trade and makes a living from freelance jobs. Selling art for a living — as the starving artist stereotype attests — can be a risky endeavour.

In October, he decided to join a growing number of artists experimenting with a subscription model instead of just relying on individual sales.

His campaign, set up on the Patreon platform, allows patrons to pledge anywhere from $1 a month to $400 a month and receive a yearly supply of urban sketches and other bonuses.

Even $3 subscribers might find something familiar on their annual postcard piece, since White often draws images of Ottawa — with a special talent for documenting things before they disappear.

"The first set of drawings I did in Ottawa in 2006 on Bank Street — all of them, every single one has changed. I started doing corner stores, same type of thing, they're a disappearing element of the city," he said.

"That's the nature of the city. You will have these places — as cherished and beloved by the community as they might be — things will definitely change at some point. It's a somewhat practical level of documentation, of archiving, what was in front of me and what appealed to me. I could tell they'd have some meaning to people around them as well."

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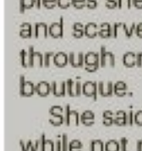
Sustainably fashion forward

ENVIRONMENT

Designers to get chance to test the local market with eco-friendly work



Emma Jackson
Metro | Ottawa

Ottawa loves to shop local, and area designers hope that applies to sustainable fashion, too.

EcoEquitable, a social enterprise that offers sewing courses and trades training in sustainable fashion, will host its second annual Metamorphosis Eco Fashion Show on Oct. 26. But this year it's adding a vendor market for emerging designers, students and designers to showcase and sell their sustainable wares to willing customers.

"There really hasn't been an eco-marketplace or eco-fashion event in Ottawa yet, so this is going to be a fantastic opportunity to feel that out," said organizer Kelly Sannes.

Ottawa isn't known as a fashion hub like Montreal, Toronto or Vancouver.

But it has a ravenous appetite for shopping local, and that's half the battle, Sannes said.

"We're hoping to carve out a space for local eco-fashion designers," she said.

Twenty emerging and established designers will model their creations on the runway. Others will set up pop-up shops to sell their sustainable clothes, bags and accessories.

Of course, the definition of sustainable varies from designer to designer. Some use "upcycled" materials — old clothes turned into new, or discarded bolts of fabric that would otherwise have been tossed away.

Others source ethically-made fabrics and focus on creating durable, classic pieces that can add to a minimalist wardrobe.

"More and more people are trying to simplify their life," said Malorie Bertrand, owner of Either/Or sustainable fashion boutique. "Its better to buy something that's made to last you. That's far more sustainable."

> **"There really hasn't been an eco-marketplace or eco-fashion event in Ottawa yet, so this is going to be a fantastic opportunity to feel that out.**
> Kelly Sannes

SEW CRAZY

CONTRIBUTED

Robin Whitford, owner of Sew Crazy, has a knack for finding new life in old items.

Having left a career in crisis management several years ago, she now combs through second-hand shops and bags of donations to find fun and funky pieces she can turn into clothes and scarves. She sells them through craft shows and a local boutique.

She said Ottawa consumers, while not ravenous yet for sustainable fashion, are coming around to idea of "upcycling" — repurposing a discarded item into something else.

"At first, I had a few people like, 'This was someone's T-shirt?' That 'ew' factor," Whitford said. But at a craft market last month, "not a single person commented negatively. That little switch seems to be improving."

DUFFIELD DESIGN

CONTRIBUTED

Megan Duffield has been making sustainable fashion at her Dunrobin studio for five years now.

"In every facet, as much as possible, there is a sustainable and ethical code that we run by," Duffield said.

That could look different depending on the piece, and the fabric available at any given time.

Duffield sources organic cottons, eco materials like bamboo, upcycled materials or fleece made out of pop bottles.

But she also tries to design clothing that is durable, long-lasting and classic — the opposite of "fast fashion" — so consumers don't have to buy as much as often.

MICHELLE FERRANTI

CONTRIBUTED

Michelle Ferranti arrived in Canada from the United States this summer, with a background in theatrical design.

With some encouragement from the EcoEquitable team, she's now working on her first fashion line of women's active wear, which uses reclaimed fabrics and, surprisingly, some vintage fabric, too.

"You don't think of vintage fabrics in active wear ... but the vintage comes in as a little accent here or there," she said.

The pieces are mostly loose, comfortable cover-ups designed for middle-aged women who appreciate a bit more coverage when heading to the gym or yoga class, Ferranti said.

"I think I'm onto something good, I think it's stuff women can wear every day."

HOUSE OF JAUNAII

CONTRIBUTED

Shirley Jaunai, founder of House of Jaunaii, has created seven winter coats for women out of upcycled ripstop nylon.

The nylon, which is called ripstop because it's virtually impossible to tear, was given to her and she felt it would make a perfect outerwear line.

Five of the jackets will be for sale at next week's show.

But Jaunai is also working on a larger winter coat project, which will create a piece-meal jacket that can replaced in pieces as it wears out or styles change. The coat can be matched with a removable hood, skirt and pants.

If the pants wear out but everything else is fine, you can just replace the pants, Jaunai said.

"It's fully interchangeable."

INBAR PAOR

CONTRIBUTED

Emerging designer Inbar Paor came to Canada from Israel a year and a half ago, and she brought her haut couture training with her.

She uses bold, colourful and flowery fabrics sourced from vintage and upcycling shops to make dresses that will make women of any size feel sexy.

"My vision is to make clothes that everybody can wear, petite to plus size," she said.

And they can embrace their joie de vivre while they're at it.

"My fabric is really flowery, it's happy colours, more summer than winter," said Paor.

Five models will showcase her dresses and a large kimono on the runway next week.

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EMPLOYMENT ONTARIO Ontario Canada ACTION PLAN

Participants in a joint Ottawa Riverkeeper-Carleton University study collect microplastics caught in a fine mesh net in the Ottawa River. The study revealed "significant microplastic pollution."
COURTESY OTTAWA RIVERKEEPER

Microplastics foul river, study finds

ENVIRONMENT

Concentrations similar to those in major Europe rivers

Adam Kveton
For Metro | Ottawa

A first-ever study on microplastic pollution in the Ottawa River shows a "significant concentration" which could affect the ecosystem in unknown ways.

Ottawa Riverkeeper announced the results of its joint research project with Carleton University, gleaned from trawling the river with a fine mesh net, as well as work from volunteers who collected samples over a 550-kilometre area.

The results showed the Ottawa River has microplastic concentrations similar to those found in major European rivers, including those with much larger populations nearby.

"We were surprised to see that it was as high as it was because we are not the equivalent of New York City or LA, which is where some of these (previous) studies have been done," said Meaghan Murphy, staff scientist at Ottawa Riverkeeper.

"Considering the size of our population, I think it's a significant concentration."

Microbeads are just one form of microplastic pollution, which include plastic fragments and fibres less than five millimetres in diameter.

Another significant finding of the study was that the concentration of microbeads in the river was nearly 16 times higher directly downstream of the city's sewage treatment plant.

"We've basically shown that

> **I think it's a significant concentration.**
> Meaghan Murphy

the things that we are using in our personal care products are actually making their way into the Ottawa River," said Murphy.

Though the U.S. has passed a ban on microbeads, Canada has yet to do likewise, she said. Microbeads in personal care products have been classified as a toxic substance. But Murphy said she hopes this study might help to push through draft legislation due this fall, which would ban the beads in Canada.

Murphy said she hopes the Ottawa River study serves to encourage consumers to stay away from microbeads, and perhaps shows the city it needs to consider microplastics in its sewage treatment process.

She says further study is needed as to the exact impact microplastics could have on the environment, but she says the plastics can pick up toxins and be ingested by fish and other plant life, which affects the ecosystem. Such plastic pollution can be expected to accumulate as the plastics take a long time to break down.

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School's in — at Shopify

EDUCATION

'One of a kind' program offers free tuition, paycheque

Adam Kveton
For Metro | Ottawa

Imagine a Grand Canyon — on one side you've got universities, and on the other you've got industry.

"Co-ops are kind of like throwing kids from one side to the other," said Jean-Michel Lemieux, Shopify's senior vice-president of engineering.

But Shopify and Carleton University are trying to bring together both sides of the canyon with a new co-op program that sees students work at Shopify and get paid while learning course material both in the classroom and at work. Oh yeah, and Shopify also covers the tuition costs.

The two organizations recently announced the new four-year Bachelor of Computer Science internship program, which they say is the first of its kind in Canada.

Shopify's Anna Lambert, left, and Harry Brundage at Shopify's offices in Ottawa in March.
JUSTIN TANG/THE CANADIAN PRESS

It's an attempt to teach students in a creative environment where they can learn academically, but also immediately apply what they learn while getting paid.

> **It just sounded like it was a dream.**
> Natalia Kingsbury

Shopify let Carleton know of its interest in such a program last December. There are now 11 students who are seven weeks into the new program.

Natalia Kingsbury is one of the lucky 11. "I'm so happy, I can't even explain it," she said.

Kingsbury finished an industrial design undergraduate program at Carleton in 2014, but with jobs a little difficult to come by, she grew interested in coding and computer science.

She was eventually told about the program with Shopify through a coding for women group she was a part of and checked it out.

"It sounded too good," she said. "Free education (and) working at this company, which is already a huge deal — it just sounded like it was a dream."

Turns out it's not, she said.

Shopify is spending hundreds of thousands of dollars on the project, hiring staff to organize the students' learning while at work, and to pay students.

Though the program is in its first year, both Lemieux and Carleton's head of computer science say they hope it can be developed into a model for other companies and post secondary institutions.

CRIME

3 sought in break and enter

Ottawa police are looking for two men and one woman in connection to a Sept. 11 break-and-enter near the Bayshore Shopping Centre.

They forcibly entered a home in the 1-100 block of Beaumaris Dr. near Bayshore, say police. They then stole a credit card, which police say they used soon after at a nearby gas station, and later in Gatineau.

Two of the suspects are described as white men, around 18 years old, with thin builds. One wore a grey and black toque and a black tank top with Canada written on the front. The other wore blue jeans, a blue and black plaid shirt and sunglasses on his head.

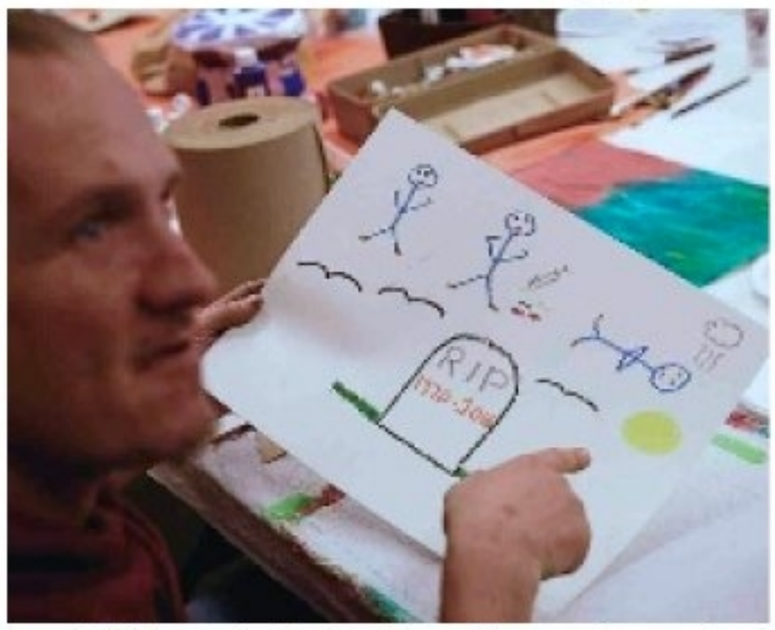
The third suspect is described as a white woman with a medium build and long brown hair, wearing red pants, a grey and black hoodie and a black shirt.

Police later identified the suspects. They did not name them because all are young offenders.

Anyone with information is asked to call 613-236-1222 ext. 2655.

ADAM KVETON/FOR METRO

Framing addictions in new way


Jason DeMille gets feedback on his work in an art therapy class at the Salvation Army. DAVID KAWAI/METRO

EXHIBIT

Art part of therapy, clients share work with the public

Emma Jackson
Metro | Ottawa

Under a haze of bright blue paint, Jason DeMille's long journey to recovery is faintly visible.

"This is me when I was happy, years ago," says DeMille, pointing to a stick figure in the corner.

A series of stick figures capture his descent into addiction, until one is lying on the ground surrounded by needles. "This is when I started using," he says.

In the centre of the page, DeMille has drawn a large tombstone. It simply reads, "RIP. 1970-2016."

DeMille was shooting heroin until 35 days ago, when he told his mother and girlfriend he was suicidal. He was hospitalized and then transferred to Ottawa for rehab.

DeMille's feeling good, but he knows how close a call it was.

"I knew how I was going to do it," DeMille said. "I already had the heroin at home, if I'd gone home I would have shot it all and I would have been dead."

> **The art is a jumping-off point. It's a way to enter deep feelings.**
> Jadzia Romaniec

DeMille admits he's no artist, but on Monday afternoon he joined seven other addicts around a craft table at the Salvation Army shelter downtown for two hours of art therapy.

It's part of their stabilization program before they enter the long-term rehab program.

On Thursday afternoon, the shelter will showcase as many as 100 pieces of art produced over the past year by clients just like DeMille, as part of its annual public art show.

"It's an opportunity for feeling self-esteem," said art facilitator Jadzia Romaniec. "Do you know how nice that is (for these guys) to see your piece and it's nicely mounted? It just lifts the spirit."

Romaniec said the weekly therapy has many benefits for a recovering addict.

They learn new tools for stress reduction, sociability, and problem solving.

But on a deeper level, the guided sessions also give them an outlet to express feelings they might not otherwise be able to articulate.

"The art is a jumping-off point. It's a way to enter deep feelings," she said.

The free, public art show runs from 1 to 3 p.m. Thursday at the Salvation Army shelter on George Street.

PRISONS

Province cutting in half the time inmates spend in isolation

Ontario is changing regulations to make the use of segregation in its jails and correctional facilities "a measure of last resort" and cutting in half the amount of time inmates can be kept in isolation.

Correctional Services Minister David Orazietti says segregation should be used under the least restrictive conditions possible while still maintaining inmate and staff safety.

There will also be a limit of 15 consecutive days in disciplinary segregation, down from the current maximum of 30 consecutive days.

Orazietti says the loss of all privileges in disciplinary segregation will be eliminated and replaced with alternative sanctions and increased incentives for inmates to maintain good behaviour.

The province also wants a weekly segregation review committee created at each institution to conduct case reviews of all inmates in segregation.

Orazietti will also appoint an independent external reviewer to further examine the use of segregation and advise the government on how to reduce the number of people held in segregation and how to improve conditions for them.

THE CANADIAN PRESS

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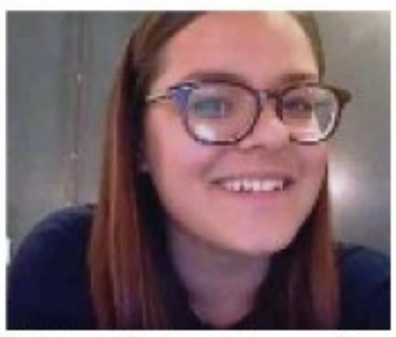
Love notes to U.S.: You're already great

Devina: You have so much to offer from coast to coast. You're a beautiful country.

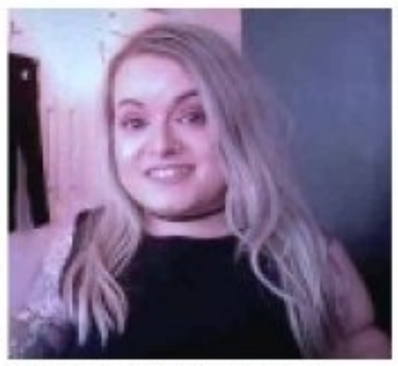
Margaret: You know, America. I think you're already great.

Zoe (left): We're big fans. **Ali (right):** We like you guys.

Nick: Contrary to your reputation, America, you are some of the nicest people in the world. Maybe nicer than us Canadians.



Adriana: You have changed the way we experience social media. You have created an entire social network and social experience for all of us.



Belle: The attitudes and the accessibility around disability in your country is better than almost anywhere I've ever been.

Peter: What I like about the United States is the fact that you're such a giving nation. Over $250 billion a year is donated to charity and over 70 per cent of that comes from individuals.

Clay: America is a country has continuously changed, continuously evolved. It's never stayed still .

ELECTION

Canadians gush about southern neighbours in new campaign

And now for something completely Canadian.

A Toronto-based creative agency called the Garden Collective has started up an online campaign to boost American self-esteem in the midst of a vicious presidential campaign.

The campaign, called #TellAmericaItsGreat, has been trending on Twitter since it was launched on Thursday with more than 100,000 shares. An accompanying video had more than 180,000 views on YouTube.

"Certainly the buzz is there," the Garden's co-founder Shari Walczak said in a telephone interview. "The momentum is building."

The title is a play on Republican presidential candidate Donald Trump's campaign slogan, "Make America great again."

According to the Garden's blog, the digital pep talk is meant as a balm to the "pretty scary realities" and "tremendous amount of negativity" exposed by the campaign, which continues for another three weeks.

"We wanted to do something positive," Walczak said.

The campaign notes that America has contributed to the world in music, movies, sports, science, technology, space travel, medicine, food, culture, shopping and social media.

The earnestness of the campaign is as Canadian as maple syrup.

"You guys are going to get someone to Mars," one fans remarks.

Yet another fan tweeted: "America, you gave the world cherry Coke & the internet & the Golden Girls. Don't let anyone tell you you're not great."

The campaign has garnered plenty of retweets and positive feedback.

One American from New England gushes: "Canada is that best friend who comes over on the worst day of your life to remind you why life's still worth living. #TellAmericaItsGreat."

And Brit tried to squeeze in on the cyber-love, tweeting: "… you lot are the best cousins we could ask for. Awful bacon, but great films and teeth."

However, at least one commentator in the U.S. wonders if there's a little Canadian self-interest in the campaign.

Adweek hints that perhaps Canadians are a tad nervous about a flood of Americans north after the Nov. 8 election: "… It is almost as if Canada, after years of being ridiculed by the likes of South Park, is now — with its heartthrob Prime Minister Justin Trudeau, who likes to causally explain quantum computing — soothingly whispering to U.S. citizens, 'No, no, really … if you elect an orange monster to your highest office, you really don't need to flee to Canada … No, no, just stay in America … It really is great there.'"

TORSTAR NEWS SERVICE

GOVERNMENT

Panel set up to explore youth employment

Canada could soon find itself facing unexpected economic and social fallout without a clearer picture of where and how young people are failing in the labour market, says the chairwoman of a new federal panel on youth unemployment.

A better understanding of why some young people can't get their foot in the door will be key to understanding whether Canadians will be able to afford a house in the future, or even afford their rent in six months' time, Vass Bednar said in an interview.

It could also offer a better idea of whether some are holding off on starting a family for fear of the cost of child care, said Bednar, associate director of the cities research program at the University of Toronto's Martin Prosperity Institute.

Bednar said there are no clear answers to helping more young people find jobs - there are different issues facing urban and rural youth, as well as unique barriers for indigenous youth. All this makes the panel's work that much more challenging.

"Our panel doesn't come with all the answers," said Bednar, a former senior policy adviser to the Ontario Liberals. "No one has written a paper or an op-ed (that says), 'Hey, this is what we need to do for youth in Canada.'

"It's going to be tough."

The panel officially opened on Monday.

The group will sift through statistics, hold consultations and meet young people and experts to figure out what the federal government can do, with the help of provincial and territorial governments, to help millions of youth. THE CANADIAN PRESS

UNEMPLOYMENT

The youth unemployment rate in Canada is almost double the national average and has been that way since the 2015 election campaign when the Liberals promised to create 125,000 jobs annually for young people by spending $1.5 billion over four years on a youth employment strategy.

BASEBALL

Judge quashes bid to ban team's name, logo

An effort to ban the Cleveland Indians from using their full team name and logo when they played the Toronto Blue Jays was dismissed by an Ontario judge on Monday evening, just a few hours before the baseball teams met in a high-stakes playoff game.

Justice Thomas McEwen issued his ruling after lawyers for an indigenous activist sought to bar use of the American team's name and logo in Ontario, arguing they amounted to racial discrimination.

Indigenous activist and architect Douglas Cardinal had filed complaints to the Human Rights Tribunal of Ontario and Canadian Human Rights Commission on the matter, but pursued an injunction in a Toronto court before those cases were ruled on.

Cardinal said in a statement Monday evening that he was "deeply disappointed" by the court's ruling.

THE CANADIAN PRESS

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IN BRIEF

Hitler's birth house to be torn down

The house where Adolf Hitler was born will be torn down and replaced with a new building that has no association with the Nazi dictator, Austria's government announced Monday as it moved to eliminate the property's pull as a place of pilgrimage for neo-Nazis.

The plan still has to be formalized in legislation and voted on in Parliament. But the Interior Ministry said demolition was recommended by a government-appointed commission. The Interior Ministry plans to finalize a draft law making the house state property before putting it to a vote in Parliament by the end of the year. THE ASSOCIATED PRESS

Adolf Hitler's birth house in Braunau am Inn, Austria. THE ASSOCIATED PRESS

Police start human trafficking probe after dad lists infant on eBay

German police say a 28-year-old man has admitted listing his infant daughter for sale on eBay but maintains that it was meant as a joke.

The 40-day-old girl was listed on the site last week at a price of 5,000 euros ($5,500). Police in the western city of Duisburg raided the parents' apartment and put the girl into care. They opened an investigation on suspicion of human trafficking.

Police have described the family as refugees, without giving further details. THE ASSOCIATED PRESS

Iraqi forces deploy in the area of al-Shourah, some 45 kilometres south of Mosul, as they advance towards the city to retake it from Daesh extremists, on Monday. Iraqi Prime Minister Haider al-Abadi announced earlier in the day that the long-awaited operation to recapture Mosul was under way. AFP/GETTY IMAGES

A complex strategy for Mosul

IRAQ

Officials worry the battle for second-largest city is rushed

Iraqi forces have launched their most complex anti-Daesh operation to date: retaking the country's second-largest city of Mosul.

While the country's military has won a string of territorial victories that have pushed Daesh out of more than half the territory the group once held, some Iraqi officials worry that the Mosul fight has been rushed and if the city is retaken without a plan to broker a peace, it could lead to more violence.

HOW WE GOT HERE

Mosul fell to Daesh in June 2014, when the extremist group blitzed across northern and western Iraq, overrunning nearly a third of the country.

Over the last year, Iraqi forces have steadily pushed Daesh out of most of the western Anbar province, including the cities of Ramadi and Fallujah, and cut many of its supply routes to Syria. But Iraqi forces have never attempted to retake a city the size of Mosul.

TROOP BUILDUP

Iraqi forces began moving into Nineveh province to surround Mosul in July, when ground troops led by the country's elite special forces retook Qayara air base south of the city. Thousands of Iraqi troops are now massing there ahead of the planned operation. Iraqi troops also deployed east of Mosul in the Khazer area, along with Kurdish peshmerga forces, and to the north of the city near the Mosul Dam and Bashiqa areas.

THE PLAYERS

In addition to the Iraqi army, Kurdish peshmerga forces, Iraqi special forces and Sunni tribal fighters, Shiite militias are also expected to play a role in the Mosul operation. The role of the Shiite militias has been particularly sensitive, as Nineveh is a majority Sunni province and the militias have been accused of carrying out abuses against civilians in other operations in majority Sunni parts of Iraq.

A very small number of Turkish troops deployed for over a year in Iraqi territory at a base north of Mosul have caused a recent spike in tensions between Iraq and Turkey. Iraq has repeatedly called for the Turkish forces to withdraw, claiming they entered the country without the permission of the central government.

THE OPERATION

The fight to retake Mosul was largely launched from the north and east. The Kurdish peshmerga forces say they will push Daesh out of a cluster of mostly Christian and Yazidi villages northeast of Mosul along the Nineveh plain, while Iraqi military troops try to cut the main supply line northwest of Mosul that links Daesh territory in Iraq to its strongholds in Syria. A large number of Iraqi military forces are also expected to push up from Qayara air base.

Once villages around Mosul have been cleared of Daesh, Iraq's special forces are expected to lead the push into the city of Mosul itself.

WHAT TO EXPECT

Mosul is Iraq's second-largest city and still home to more than a million civilians. Both in terms of geography and population, it's a much larger task than Iraq's military has ever undertaken previously in the fight against Daesh.

It's unclear how many Daesh fighters remain in Mosul, but even a few hundred could wreak havoc. Iraqi forces advancing on Monday found roads and fields littered with roadside bombs, and Daesh unleashed a series of suicide car and truck attacks on the advancing troops, a tactic it has used effectively in past battles.

Iraqi officials fear that Daesh could also use civilians as human shields, and that they may destroy vital infrastructure as they retreat, leaving behind a massive reconstruction challenge and preventing residents from returning. THE ASSOCIATED PRESS

A young Syrian boy waits to be rescued from the rubble of a building after a reported airstrike on the rebel-held Qaterji neighbourhood in Aleppo on Sunday. AFP/GETTY IMAGES

SYRIA

Another ceasefire for Aleppo after dozens killed

Russian and Syrian forces will halt hostilities for eight hours in the eastern districts of Aleppo, Russia's military announced on Monday, a day on which opposition activists said their airstrikes killed at least 36 people, including several children, in and around the divided city.

The two militaries will observe a "humanitarian pause" between 8 a.m. and 4 p.m. on Oct. 20 to allow civilians and militants safe passage out of the city, Lt. Gen. Sergei Rudskoi of Russia's general staff said in Moscow. Militants, the wounded and sick would be allowed to evacuate to the neighbouring rebel-held province of Idlib.

UN humanitarian officials have pleaded with combatants to observe weekly 48-hour ceasefires to allow humanitarian relief into the city's besieged eastern districts, but Russian and Syrian forces have only escalated their aerial and ground assault on the rebel-held areas in recent weeks. The airstrikes have claimed hundreds of lives, wounded many, flattened apartment buildings and laid waste to the already crippled medical sector.

But Russian and Syrian leaders are now capitalizing on a proposal made by the UN's envoy earlier this month to allow al-Qaida-linked militants to leave in exchange for peace and local administration for the eastern districts.

Rebels in the east, along with many residents, spurned the proposition, citing their distrust of the government side. And Russia vetoed a UN Security Council resolution mandating an immediate ceasefire.

Monday's announcement did not include any promises of an extended ceasefire or local administration. It followed a bloody day of airstrikes on rebel-held districts in and around Aleppo. THE ASSOCIATED PRESS

Agency raises the red flag

HOUSING

Affordability worries spill over from big city markets

The head of the federal housing agency is raising a red flag about the state of Canada's real estate sector, saying affordability concerns have spilled over from the country's two most expensive cities to nearby markets.

In an opinion piece, CMHC CEO Evan Siddall says the Canada Mortgage and Housing Corporation will raise its overall risk rating for the national housing market to "strong" from "moderate" for the first time when it issues its housing market assessment on Oct. 26.

"Affordability pressures hurt lower-income households the most and cause real socioeconomic consequences," Siddall wrote.

"CMHC has recently observed spillover effects from Vancouver and Toronto into nearby markets. These factors ... will cause us to issue our first 'red' warning for the Canadian housing market as a whole."

The new mortgage rules involve a stress test for all insured mortgage applications to ensure the borrower can still service their loan in the event interest rates rise. TORSTAR NEWS SERVICE

Siddall said high levels of debt combined with rising house prices are often followed by contractions in the economy.

"The conditions we now observe in Canada concern us," he wrote.

Siddall's comments came the same day new mortgage rules introduced by Ottawa took effect. The rules require a stress test for all insured mortgage applications to ensure borrowers can still repay their loans in the event interest rates rise or their personal financial situations change.

Until now, stress tests were not required for fixed-rate mortgages longer than five years.

The federal government is making the change to try to stabilize the country's housing markets, particularly in Toronto and Vancouver where prices have soared.

Siddall said he supports the measure, even though it will cut into the purchasing power of some first-time buyers.

THE CANADIAN PRESS

> **Affordability pressures cause real socioeconomic consequences.**
> Evan Siddall

FOREIGN BUYERS

B.C. tax troubles mogul

One of China's top real estate moguls says his customers are troubled by British Columbia's tax on foreigners purchasing homes in Vancouver and he intends to raise the matter with Prime Minister Justin Trudeau.

Frank Wu, vice-president of the China Real Estate Industry Association, said Chinese investors have told him that the 15 per cent tax is discouraging them from buying property in the city.

Wu, who is also chairman of Central China Real Estate Ltd., is part of a Chinese delegation of billionaires touring Canada this week who want to strengthen economic ties between the two countries.

Wu said the tax will prompt many Chinese investors to look to other parts of Canada, including Toronto and Montreal, along with English-speaking countries such as the United States, Australia and Britain.

THE CANADIAN PRESS

IN BRIEF

Jim Beam strikers complain of overwork

Striking Jim Beam workers picketed the world's largest bourbon producer Monday. They say the company's refusal to hire more full-time workers, and demand for Beam, has them putting in 60 to 80 hours a week to keep up. THE ASSOCIATED PRESS

market minute

DOLLAR 76.16¢ (+0.09¢)
TSX 14,596.52 (+11.53)
OIL $49.94 US (–41¢)
GOLD $1,256.60 US (+$1.10)

NATURAL GAS: $3.24 US (–4¢)
DOW JONES: 18,086.40 (–51.98)

ALCOHOL

Gretzky looking to score with whisky

It appears No. 99 is going to be on ice again.

After more than 10 years in the wine business with partner Andrew Peller Ltd., Wayne Gretzky launched his No. 99 Red Cask Whisky Monday at a private tasting in Maple Leaf Square's LCBO in Toronto.

As with anything the hockey legend does, he's aiming to make his new beverage a game-changer, not just another celebrity-branded booze.

The release is a hat trick of sorts for high-profile rye launches following recent offerings from rapper Drake and the Trailer Park Boys. The Great One's new drink is priced at $34.95, midway between Liquormen's Ol' Dirty Canadian Whisky from the Trailer Park Boys at $29.95 and Drake's Virginia Black American Whiskey at $39.95.

Wayne Gretzky sniffs a shot of his new No. 99 Canadian Whisky. TORSTAR NEWS SERVICE

For a different twist on the Canadian classic, the spirit is finished in his winery's red wine casks, which give the whisky a pale amber hue.

TORSTAR NEWS SERVICE

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metro VIEWS
Your essential daily news
Tuesday, October 18, 2016

EMMA TEITEL ON DRESSED-UP PETS

What, you may ask, happens at the 'largest dog costume parade in the world?' If you answered that dogs wear costumes, you'd only be half right.

On Saturday, scores of otherwise ordinary people will descend on Manhattan's Tompkins Square Park, with their dogs in tow, for the annual Tompkins Square Halloween Dog Parade.

The event, sponsored by Purina Beggin' (the makers of the popular canine treat "Purina Beggin' Strips Bacon"), is, according to CNN, the "largest dog costume parade" in the entire world. (And here I assumed it was the only one. Silly me.)

What, you may ask, happens at the "largest dog costume parade in the world?" If you answered that dogs wear costumes, you'd only be half right. In fact, dogs and dog owners dress up in costume at the T.S.H.D.P, usually together, as a theme.

The winners of last year's event, to illustrate, were a man and a woman who staged a chilling Day of the Dead tableau with their chihuahuas.

Mind you, if I had judged the parade, I would have given first prize to my favourite contestant: a bulldog in blond wig and pearls, i.e., Marilyn Monroe.

As for the be-wigged lapdog dressed up as Caitlyn Jenner in a sultry white number eerily similar to the frock the real-life Jenner donned on the cover of Vanity Fair, I have no words. This may be because the dog's owner, meanwhile, wore a "USA" tracksuit and imitation gold medal. (Presumably, he was channelling the ghost of the pre-Caitlyn Jenner, Bruce.)

All this is to say, with a universal eye roll, that people love their dogs (and possibly their pets in general) a lot. So much so, it turns out, that in exhibiting their love for their dogs, they tend to sacrifice their dignity in the process and as some of the scenarios above suggest, the dignity of their animals, too.

WHAT'S THIS SUPPOSED TO MEAN? Treating our pets as extensions of ourselves might not be a great idea.
TORSTAR NEWS SERVICE

Until recently, I would have considered this sacrifice of dignity to be all in good fun. Notwithstanding the questionable Caitlyn Jenner lapdog getup, the whole Tompkins Square Halloween Dog Parade would have registered as a perfect example of a dignity-defying, weirdly healthy good time. Even the matchy-matchiness of the whole dog-owner pairings would have given me a good laugh, not unlike the laugh so many people got when Fido the phone company ran their now world-famous ad campaign in the late 1990s featuring dogs and owners who happened to look exactly like each other.

But there's a difference between the Fido ad animal/human likenesses and the Halloween dog parade likenesses: the first were happy accidents; the latter are calculated constructs. The former were coincidental; the latter are intentional. And the culprits behind the intent are we, the human half of the pair, the animal-owners. I say "we" advisedly. I am about to realize a lifelong ambition and become a dog-owner myself. And my impending ownerhood — a kind of parenthood — has me thinking that seeing our pets as extensions of ourselves may not be such a terrific idea after all.

The negative effects of this particular brand of anthropomorphism ("ascribing human qualities to animals") are already there if you look for them. In an article last month titled "Is Your Dog's Halloween Costume Sexist?" the Washington Post noted, tongue-in-cheek, that while retailers had finally started to abandon gender bias in Halloween costumes for young human girls, pet outlets like Petsmart or Baxterboo.com are still apparently gender-rigid in their Halloween togs, hyping certain costumes for male dogs (firefighter and police officer) and others for females (sweetheart nurse or French maid). That this was a ludicrous thing to be outraged by (something the right-wing site Breitbart pointed out, not getting the tongue-in-cheek part) was obvious, but it hid a kernel of truth: It's easy to overlook the indignity of dressing up your Scottish terrier as an extension of yourself for Halloween, but when we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

Other effects of human-to-dog extension are more substantially questionable. Just this past week, CBC news reported that between 40 and 50 per cent of all owned pets in Canada are overweight. The percentage of Canadian people over the age of 18 who are overweight? Between 40 and 50 per cent. Not only does Rover's face resemble ours these days, it seems; so does his spare tire.

And Australian cities have been experiencing a minor epidemic of abandoned pets in the recent past, at least partly the result of foreign students studying in Australia who neglect to take their dogs with them when they return home. These dogs aren't feral, just homeless, but to be homeless, you have to initially be given a home to lose. And who gives pets homes? Us.

So, I hereby make a pledge: I will do everything in my power not to make my dog homeless. And I will do everything I cannot to make him obese. But when it comes to Halloween, I make no promises. Tompkins Square Dog Parade, here I come.

When we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

Emma Teitel is a national columnist for the Toronto Star.

It's a football, it's a pie, it's municipal budget 2017

COLLINS' CAPITAL
Steve Collins

This year's budget season opened with a perhaps justified wariness on the part of some councillors.

The scene reminded me of the first panels of a Peanuts strip, Lucy holding that enticing football and offering Charlie fulsome assurances, as prelude to the seemingly inevitable "Auuugh!" "Whump!"

The same dissidents who voted against last year's budget (vets Diane Deans and Rick Chiarelli, first-termers Jeff Leiper, Tobi Nussbaum and Catherine McKenney) cautiously probed the defences erected around Mayor Watson's two-per-cent cap on tax increases, determined not to have their priorities tripped up again in thickets of procedure.

Last year, Deans unsuccessfully attempted to inject $250,000 into the city's social service agencies, first from reserves (ruled out of order) and then offset by job cuts (voted down). This year, some want to see a $500,000 boost. Another motion from Nussbaum last year to freeze transit fares and make up the difference by increasing the transit levy on taxpayers also failed.

Those were straight votes, but the some councillors felt stymied by the rules. An ostensibly simple take-a-penny-leave-a-penny principle, which stipulates a committee can only introduce new spending by cutting the same amount elsewhere in their budget, or from another budget with a full council vote, came up for an extended metaphorical examination.

Keith Egli, angling for more clarity, or perhaps still savouring a happy Thanksgiving, engaged city treasurer Marian Simulik in a lengthy discussion on pie: "As I understand the process, we can be as creative a baker as we want with that pie. So we're constrained by the size of the pie, but we can cut it up however we want to cut it up. So when you come forward with a budget, we can say 'I want this slice bigger for that, and that slice smaller for this,' as long as it all fits within the pie pan. Is that correct?"

Simulik: "My interpretation is that when you're at committee, yes, the size of the pie doesn't change. You can just slice differently. That's up to you. When you get to committee of the whole, you can in fact increase the pie if you want to increase the tax levy. But as the mayor has said, he has ruled in the past that you have to continue to abide by the [principle that] if you want to add a dollar you have to take a dollar out. And it would be a motion that would be debated and would have to be voted on, and a majority would win as usual."

Egli: "But at committee of the whole we have a whole bunch of pies. So I can take a slice of apple pie and put it in the blueberry pie and I can put the blueberry pie in the apple pie, correct?"

Simulik: "Uh, continuing with the pie analogy, yes, you can make mixed pies."

With $3 billion in, er, pie on the table, the mayor insists it should be simple enough to still stick to the two per cent diet he campaigned on, and for which council voted for in 2014.

This year, it looks like an increasingly assertive bloc of city councillors seems keen to challenge some of these baked-in restrictions.

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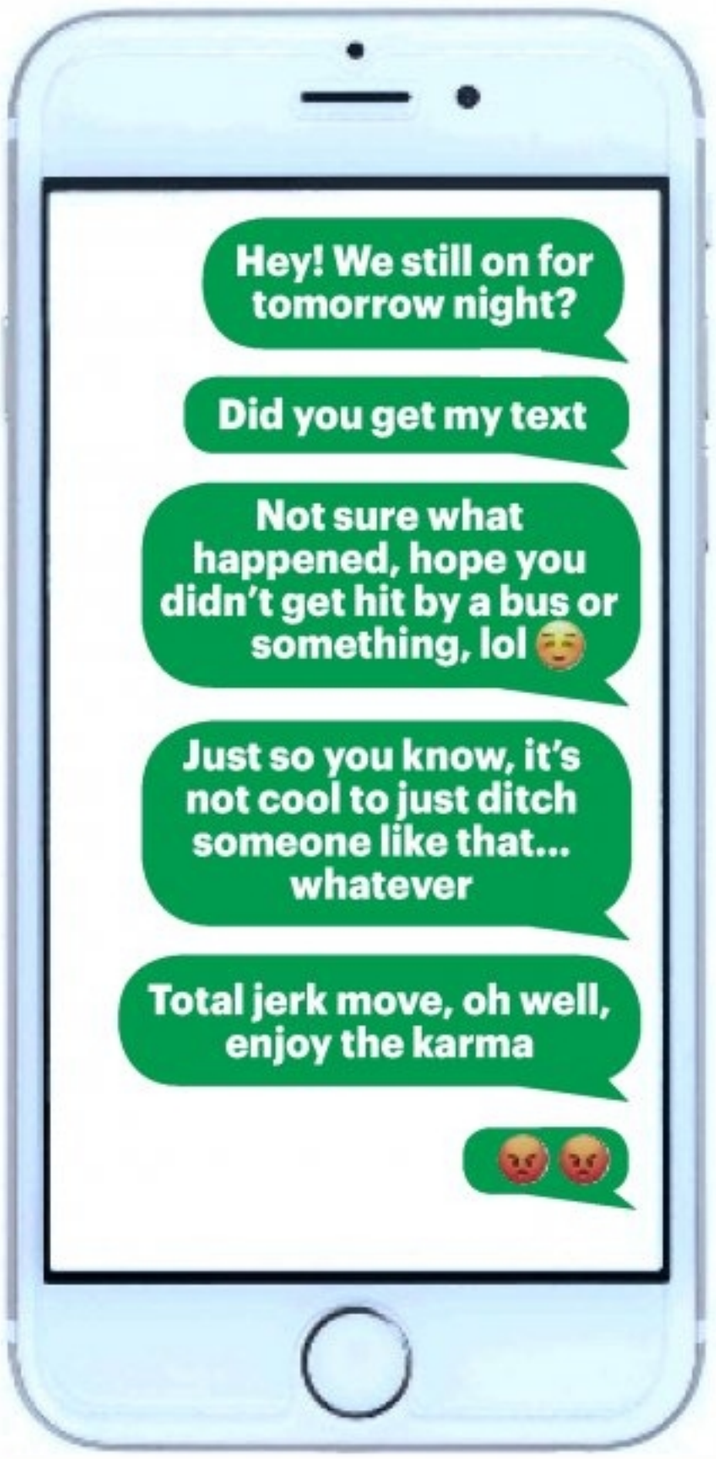
Stephen Colbert to host a live, one-hour election night special on Showtime on Nov. 8

The scariest part of dating


Hey! We still on for tomorrow night?
Did you get my text
Not sure what happened, hope you didn't get hit by a bus or something, lol
Just so you know, it's not cool to just ditch someone like that... whatever
Total jerk move, oh well, enjoy the karma

RELATIONSHIPS

Everyone in the modern dating era is afraid of ghosts

Sofi Papamarko
For Torstar News Service

You may not believe in ghosts, but they assuredly walk among us.

The ghosts I'm talking about don't trudge around the attic in heavy chains or send your grandmother's fine bone china flying across the room, however. These ghosts are a little more ordinary. You've probably even encountered one. The dating world is full of ghosts.

Ghosting is the scarily common dating practice where the person you're seeing disappears from your life without warning or explanation. They simply stop responding to your calls, texts and emails.

One day, you're sharing a root beer float and petting cute dogs in the park. The next day, poof! They're gone. Vanished, like a ghost.

A few months ago, social media expert Terra Loire, 26, met someone on dating app Tinder. Everything was great, at first.

"We went out a few times — just casual dates like brunch and drinks. (We talked) about life and bonded over our cats. He would text me all the time and was very thoughtful. He drove the emotional part of the relationship by being very forward with his feelings for me, which I appreciated."

Social media specialist Terra Loire in Toronto has been a dating ghostee, where the other person just disappears or fades away. TORSTAR NEWS SERVICE

After a few weeks of schedules not aligning, they finally agreed on another date. He cancelled the day of, stating he was "tired." He was genuinely apologetic and promised to set up a date for the following week. She never heard from him again.

"Ghosting is frustrating," Loire says. "Especially when I work very hard to be honest and allow the other person opportunities to express their interest or disinterest in healthy ways. That should eliminate the need to ghost in the first place."

Ghosting is a cowardly and disrespectful move, to be sure, but in a world where we're accustomed to ending relationships with the literal push of a button (defriending, unfollowing, blocking), it makes sense. Ghosting is an easy and non-confrontational way to get out of something that's not working for you.

For the ghostee, it can be confusing, enraging and can even instill actual panic — did something happen to this person? Were they in an accident? Are they OK?

A friend recently asked me to check up on another friend of mine on social media to ensure he wasn't dead. He had told her he would call her soon to plan another date and she never heard from him again. According to recent Facebook photos of him drinking with friends, he was alive and well. He had simply ghosted.

Playwright Graham Isador, 27, has been both ghoster and ghostee.

After meeting an interesting and beautiful woman in another city, they kept in touch. It became clear to Isador after a return visit that they had very different expectations of the relationship.

Back in Toronto, he took longer to respond to her texts and was always "busy" when the phone rang. "I didn't handle that thing well," Isador admits. "I avoided conflict. I let things drift in that 'what happened' scenario that is intensely frustrating. When you don't know what happened, it's hard to get closure.

"I was trying to think of a comparison and the best thing I came up with is: pulling the band-aid off. Pulling it off quickly is going to hurt a bit. But if the alternative is leaving it on until the band-aid grows gross and dirty and eventually falls off on its own? It's pretty clear what to choose. I owe that girl an apology, but I think it is too late to get in touch now."

Isador likely won't make the same mistake twice, considering what followed.

"The next girl I got involved with ended up ghosting on me. So, you know, enjoy the schadenfreude."

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Ottawa metro

What not to say to pregnant women

ADVICE

Etiquette experts on minding your manners

You waddle. You're so big. You're not big enough.

The list of rude comments people have made to Ashley Greer during her three pregnancies is long. "Never ever comment on (a pregnant woman's) size," says the Stoney Creek, Ont., resident, who's expecting her son Wyatt within weeks.

But when it comes to pregnancy etiquette, pointing out someone's size is just the tip of the rudeness iceberg.

From unexpected belly rubbing to questions about their birthing choices, pregnant moms face etiquette fails most people never have to deal with, leaving many questioning why they're stuck with those awkward moments in the first place. And when people aren't sure what to say or do when it comes to pregnancy, etiquette experts say the resulting rudeness from this common scenario puts undue pressure on moms-to-be.

"Pregnancy isn't easy," says etiquette and protocol consultant Lisa Orr. "It's an important task women play in society. As a community, we owe it to ourselves and these women to give them a little extra kindness."

Giving pregnant women a seat on public transit is one example of extra kindness, and it's a big focus in South Korea. In Seoul, you'll find pink seats designated for moms-to-be on public transportation, and in Busan, the city is testing out a wireless sensor device to alert transit riders that the person carrying the device has a baby on the way.

What's trickier to combat are the prying questions and insensitive judgments many moms face.

Tamara Robbins Griffith, a Toronto mother of two, faced a barrage of questions when she opted for a vaginal birth the second time around after having a Caesarian section for her first baby. Some people questioned why she'd want to do that, citing the possible complications. "I think it's rude when people make you feel like you're putting your unborn child at risk," she says.

Toronto mom Shana Tilbrook also recalls one weird experience at a party while she was pregnant. Someone asked to touch her belly, and she agreed. "He then stuck his face right up against my belly and started talking enthusiastically to my unborn baby for about a minute," she says. "It made me feel very awkward."

Another time, someone saw her from the back, and asked, "Are you sure you aren't having twins? You look like you are."

"You wouldn't comment on a non-pregnant woman's body, so why does that change when someone is pregnant?" Tilbrook continues. "You wouldn't touch someone's belly who isn't pregnant, (so) why touch the belly of someone who is?"

With so many women facing this stuff, it's time for a reality check. We asked local etiquette

Ashley Greer TORSTAR NEWS SERVICE

gurus — including Orr, Louise Fox, owner of the Etiquette Ladies, and Torstar's etiquette expert Karen Cleveland — for their advice on the dos and don'ts of pregnancy politeness.

Don'ts

• Don't touch her belly. It might be tempting to reach out and rub a pregnant woman's belly, but this rule is simple: Don't do it. "Any kind of uninvited touching is inappropriate, whether it's your best friend or some stranger," says Fox. Even asking to touch someone can be awkward, so it's best to wait for a mom to offer.

• Don't offer unsolicited advice. "Don't tell her how amazing or awful your birth was. Or whether she should have a midwife, a doula, be in a hospital or go hug a tree," says Cleveland. "Truly: it's not your business."

• Don't comment on her size. Whether it's her body size or the shape of her baby bump, just zip your lips, according to Orr. "It's going to land in a negative way."

• Don't ask when she's due. One of the biggest mistakes you can make is asking someone's due date, says Fox. "But maybe they're not due," she says. "Maybe they're just a large person, or they put on weight, or they already had the baby." It's a recipe for awkwardness at best — and being totally insensitive and offensive at worst — so just avoid asking in the first place.

Dos

• Do give up your seat. Offering pregnant women a seat on public transit is both a polite gesture and a bylaw, says etiquette and protocol consultant Lisa Orr. And that means speaking up and encouraging people to offer a seat even if you're standing.

• Do offer to help. If someone close to you says they're having a baby, offer to help, be it giving them a ride if needed or babysitting when the bundle of joy arrives, suggests Fox.

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JOHANNA SCHNELLER WHAT I'M WATCHING

If only Melania Trump channeled Queen Bey

THE SHOW: Saturday Night Live, Oct. 15 (NBC/Global/YouTube)
THE MOMENT: "Melanianade"

In a dead-on, black-and-white spoof of Beyoncé's Sorry video (from Lemonade), the women of SNL portray Donald Trump's female posse: wife Melania (Cecily Strong), daughters Ivanka (Emily Blunt) and Tiffany (Vanessa Bayer), campaign manager Kellyanne Conway (Kate McKinnon), and Apprentice star Omarosa (Sasheer Zamata).

Decked out in hair extensions, bejeweled leotards, furs, fishnets and French manicures, they ride in a limo, recline in Trump Tower-like rooms, and take a baseball bat to a TV screen bearing Trump's face (Alec Baldwin), while singing lines like, "I'm tired of thinking 'bout you" and "Watch out, we're about to walk out."

"Without us you wouldn't be standing there/You'd just be that guy with the weird hair," Melania sings, then adds, "I wrote that all by myself."

The others roll their eyes.

In satire at its finest, the women of SNL portrayed Donald Trump's female posse in a spoof of Beyoncé's Sorry video (from Lemonade). CONTRIBUTED

SNL always ups its game in election season, and this year they have an embarrassment of riches.

But this video is satire at its pinnacle. It combines an astute observation (The women in Trump's life act as a Fembot army to defend and humanize him) with a still-breaking news story (allegations of Trump's serial sexual abuse of women) and a cultural touchstone about another wronged woman (Lemonade) to point to the truth about this campaign: It's about women.

Abused women are speaking up and turning the tide. Women will decide this election. A woman could (will!) lead the U.S., and by extension, the world.

And SNL has the female cast, arguably its best ever, to make comedy that is pointed, necessary and certain to be legendary.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

You have the flu — what to do?

Nina Dragicevic

You can feel it — skulking in the shadows, trailing behind you as you walk home at night, watching and waiting for your defences to go down. It's a virus, and right now is peak hunting season.

Once you have that first tickle in your throat and the beginnings of a headache, you know it's taking you down. How can you fight back? Should you stay home from school or work?

"If people have a bit of a scratchy throat or headache — perhaps not," says Dr. Robert Strang, the chief medical officer of health for Nova Scotia. "But for flu-like symptoms — rapid onset of fever, headache, muscle aches, cough, sore throat — if someone has those, especially a fever, our advice is to stay home."

While it's tempting to try mega-doses of vitamins or other interventions, Strang says the evidence supports the simplest solutions — just rest and fluids.

"Staying home, treating the symptoms with over-the-counter medications, drinking fluids and rest," Strang says. "All these things will help people recover faster."

Take your resting time seriously. Prop yourself up with a lot of pillows; your stuffy head should feel better sitting up higher than your body, and this may reduce the post-nasal drip that can aggravate coughs. Many cold and flu medications, while easing the suffering of your sniffling existence, can also encourage a midday nap and a full night's sleep.

Warm drinks, hot soups and using a humidifier will help with hydration, while also soothing throats and relieving some congestion. The rest of the recovery process is just time. Your next major concern? Don't pay it forward.

And next year, Strang says, consider getting a flu shot. "We know that it's not perfect," Strang says, "but certainly you get much better protection if you get vaccinated, than if you don't get vaccinated."

Staying hydrated is the most important thing. ISTOCK

Foods that fight for your health

The immune system army marches on its stomach, says Harvard Health — a twist on the popular quote attributed to Napoleon. In other words, feed your body's army and they will fight for you.

During the cold and flu season, exposure to viruses is practically a given. Ideally, your immune system will fend off the worst of it, so how can you help make that happen? Sleep, exercise and diet are the foundation of your health — and when it comes to diet, not all foods are created equal.

Christal Sczebel, a certified holistic nutritionist practicing in Edmonton, recommends foods that contain probiotics and prebiotics, healthy bacteria that boost immune function.

"Examples are sauerkraut, kimchi, Greek or coconut yogurt, kefir, and of course, taking a probiotic supplement is beneficial as well," Sczebel says.

She also points out that raw fruits and vegetables are rich in vitamins, minerals, antioxidants and enzymes, all of which contribute to overall health. Green smoothies — smoothies usually comprised of fruits and dark, leafy green vegetables — are also "very beneficial," Sczebel says. Added bonus: they're tastier than just eating spinach or kale alone.

Susan Watson, a Winnipeg-based registered dietician, says vitamin C, zinc, North American ginseng and echinacea "may help you have fewer colds, help the cold go away more quickly and reduce cold symptoms."

The Dieticians of Canada recommend about 200 mg per day of vitamin C to help fight colds; top sources include red and yellow sweet peppers, strawberries, kiwi, oranges and broccoli. Sudden, high doses of vitamin C is not recommended — it hasn't been proven to help and the excess vitamin is passed when you use the bathroom.

NINA DRAGICEVIC

+ APPETITE

When you are sick, it's common to have a low appetite. Should you force yourself to get a full amount of calories each day?

"I don't think pushing yourself to get your daily calories in when you are sick is necessary," says Susan Watson, a registered dietician in Winnipeg. "It takes a while to become nutrient deficient, and it won't happen over a few days."

"If appetite is low, the most important thing is to stay hydrated, so drinking water, teas, and consuming natural, organic chicken or beef broth is helpful," says Christal Sczebel, an Edmonton-based certified holistic nutritionist.

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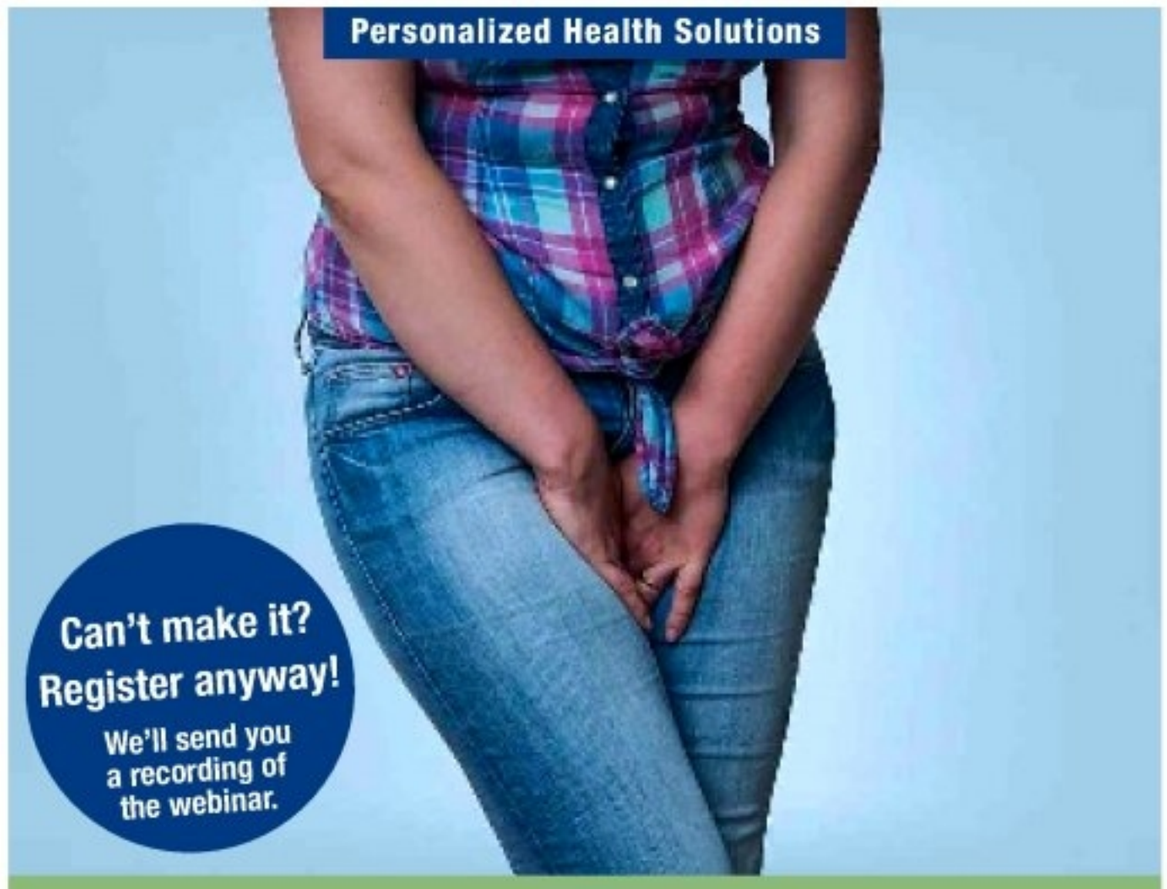

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metro SPORTS

Anthony Rizzo and Addison Russell, the Cubs duo that totalled 204 regular-season RBIs, are a combined 2 for 45 through six playoff games

Vital role of running backs underlined by Bills' McCoy

NFL

Gore, Stewart, Elliot and Ware also impressed for their teams

LeSean McCoy helped the Bills to blowout win over the 49ers on Sunday with a massive game on the ground. BRETT CARLSEN/GETTY IMAGES

Even the guys who tote the ball recognize that the NFL is a passer's league. No argument here.

As this week shows, however, running backs still have a prime role in the outcome of games. When the weather turns cool, then cold, then frigid, and the winds begin to whip on the tundras, they will become even more critical.

So it was enlightening to see runners young and old making a difference — or keeping their teams in games. From veterans Frank Gore, Jonathan Stewart and especially LeSean McCoy, to kids such as rookie sensation Ezekiel Elliott, Spencer Ware, Matt Jones and Jay Ajayi, it was impressive, win or lose.

McCoy and Gore have all-star credentials and are showing they remain dangerous and dependable. McCoy ran 19 times for 140 yards and scored three touchdowns as the Bills, who want to pound opponents on the ground, thumped the 49ers 45-16 with their best rushing performance in 24 years.

Gore, at 33, became the first Colt in three and a half years to rush for more than 100 yards, getting 106 in a 26-23 loss at Houston. "He's just very dynamic," Bills quarterback Tyrod Taylor, a pretty good runner himself, said of McCoy.

"I've said this before. Whether it's in the running game or the passing game, he's a playmaker. He wants the ball, and when he gets the ball he knows what to do with it, and he can create plays. Some of those plays he made out there from the backfield position, there are only one or two guys who can do that in the NFL."

> Some of those plays he made out there from the backfield position, there are only one or two guys who can do that in the NFL.
>
> Bills quarterback Tyrod Taylor on Sean McCoy

You can be sure Bills coach Rex Ryan will keep feeding McCoy the ball, too.

"I think, talking to LeSean, he was really disappointed how he played last year," Ryan said. "And all of us as we know, and I've told him several times, like all of us here in Buffalo, we think, 'Hey man, you've played great.'

"And he's like, 'No, I can play better.' And I guess he was right."

Ware, Jones and Ajayi weren't big factors last year. Ware had 72 carries for Kansas City, though he scored six times; Jones rushed 144 times for 490 yards as a backup to Alfred Morris in Washington. Ajayi barely saw the field in Miami with 49 carries.

On Sunday, they were primetimers as Ware went for 131 yards and a touchdown on 34 runs, Jones had 135 on 16 and scored once, while Ajayi had a breakout game in a stunning upset of Pittsburgh with 204 yards on 25 carries and two scores — including a clinching 62-yard scamper.

The Dolphins had to do something with their offence stagnant and their season spiraling away. Ajayi was the answer, and he certainly will get more opportunities because the Dolphins' air game is so inconsistent. Ware's numbers are even more impressive because he's one of three RBs the Chiefs can use moving forward.

Jones also was part of a committee of runners. Washington already has a solid corps of receivers, particularly when tight end Jordan Reed is healthy — he missed the win over Philadelphia with a concussion.

In Jones, Robert Kelley and Chris Thompson, they could find plenty of offensive balance. That trio combined for 231 yards and a touchdown against the Eagles.

THE ASSOCIATED PRESS

NHL

Great One lauds ace McDavid

When watching Connor McDavid play for the Edmonton Oilers, Wayne Gretzky gets the urge to don his No. 99 again. "I could get 60 goals playing with that guy," the Great One said. "I'm truly amazed at how good he is."

Admiration runs deeps from the NHL's all-time leading scorer when it comes to McDavid. Gretzky believes his fellow prodigy has all the tools for a truly special career, mentioning his name in the same breathe as Mario Lemieux, Gordie Howe, Guy LaFleur, and of course, Sidney Crosby, who he said remains the best in the game today.

"But I don't think there's any question that Connor's the best 19-year-old hockey player I've ever seen and I saw (Mark) Messier, I saw Lemieux, I saw Lafleur," Gretzky said Monday in an interview to promote his new book, 99: Stories of the Game. "This kid is special."

Now, Gretzky continued, it's up to McDavid, who was recently named Oilers captain, to live up to the potential. Gretzky, a former Oilers captain himself, noted how Crosby delivered on the hype by winning not only individual awards, but Stanley Cups for the Pittsburgh Penguins.

"The Lemieuxs, the LaFleurs, and the (Mike) Bossys, those guys did it, they accomplished it, they became Hall of Famers," Gretzky said. "(Is McDavid) on the right track? Absolutely. And has he got an opportunity to do some real special things? One hundred per cent. Has he got his head screwed on properly? One hundred per cent. He's in the right organization (and) the city will take care of him. It's a wonderful city for him to play in."

THE CANADIAN PRESS

MMA

UFC hesitate as GSP says he is free agent

Former UFC welterweight champion Georges St-Pierre says he is no longer under contract with the UFC and is a free agent. The Montreal fighter, 35, who has been on hiatus since 2013, is keen to return to action.

St-Pierre said Monday that his team had been in negotiations with the UFC since February, with talks eventually focusing on the UFC show in Toronto on Dec. 10.

The fighter said both sides were close to an agreement before the UFC was sold. He waited weeks before hearing the offer was off the table. St-Pierre gave the UFC a deadline to give him a fight.

George St. Pierre GETTY IMAGES

On the day of the deadline, he got a tentative offer to fight former champion Robbie Lawler, who is currently nursing an injury. St-Pierre told the MMA Hour that his lawyer told him the next day he was a free agent. THE CANADIAN PRESS

IN BRIEF

Kyrgios banned for conduct

Nick Kyrgios will miss the rest of the season after being banned and fined by the men's tour on Monday for "tanking" a match and insulting fans in the mercurial Australian's latest run-in with tennis authorities.

The ATP said Kyrgios was sanctioned for "conduct contrary to the integrity of the game" following an investigation into his behaviour during a second-round loss at the Shanghai Masters. THE ASSOCIATED PRESS

NFL

Hurt Roethlisberger unlikely to face Pats

The cartilage in Ben Roethlisberger's aching left knee is repaired.

And while the Pittsburgh Steelers are optimistic their franchise quarterback will return sooner rather than later after tweaking his knee in Sunday's loss in Miami, the odds of Roethlisberger being ready for a visit from the New England Patriots is remote.

Roethlisberger rested at home Monday after undergoing arthroscopic surgery and Pittsburgh coach Mike Tomlin said the team is confident Roethlisberger won't be out "long term."

But Roethlisberger's teammates began rallying around their backup now facing the most daunting task of his uneven career.

Your turn, Landry Jones. Again. "I'm going to prepare like I've done in the past and we'll see what happens," Jones said. THE ASSOCIATED PRESS

THREE STARS

Edmonton's Connor McDavid, Toronto rookie forward Auston Matthews and Florida goaltender Roberto Luongo have been named the three stars for the opening week of the NHL season.

McDavid took first-star honours after scoring twice and adding an assist in the Oilers' first two games.

THE CANADIAN PRESS

RECIPE Roasted Cauliflower Tacos

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Crunch, spice and snap make these cauliflower tacos a delicious and easy answer to a weeknight dinner.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 head cauliflower
- 2 Tbsp olive oil
- 1 1/2 cup panko or breadcrumbs
- 1 tsp chili powder
- 1/2 tsp cumin
- salt and pepper
- 1 avocado
- 1/4 cup sour cream
- 1 lime, juiced
- salt and pepper
- 6 to 8 tortillas
- extras like crumbled queso or feta cheese, cabbage slaw

Directions

1. Chop cauliflower into-small florets. In a large bowl, toss with olive oil.

2. On a large, flat plate mix panko, spices and a bit of salt and pepper together. Toss florets in the panko mix until t coated. Spread evenly on a baking sheet and pop in the oven for 25 to 30 minutes, until the cauli is golden and tender.

3. Meanwhile, combine avocado with sour cream and lime juice. Mash with fork and combine until you have a smooth consistency. Taste and add salt and pepper.

4. Prep all of your extras and warm up the tortillas. Spread a good dollop of avocado on each tortillas. Place a handful of the baked cauli on top, then load on your toppings.

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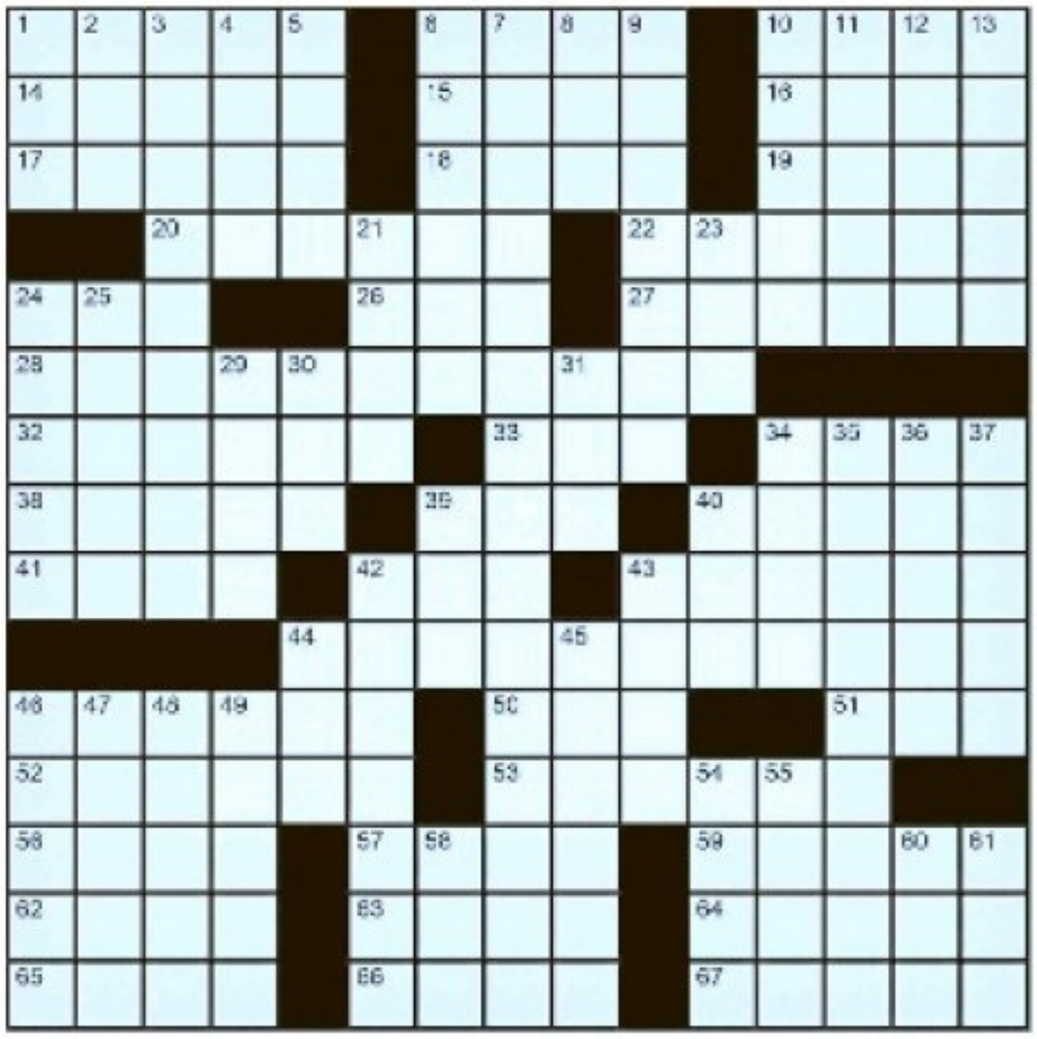
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Montreal borough
6. Takes to the stage in a way
10. Taxis
14. The other 'Stooge'
15. __ of paint
16. Friendly nation
17. As, in code
18. Tip-top
19. Tartan-wearing bunch
20. French composer Cesar
22. Floating, as lily pads on the water's surface
24. Highest playing card
26. I + II's sum
27. Settle the deal
28. Montreal-based hair care company
32. Guarantee
33. 4 qts.
34. Commissioner Gordon's li'l force
38. Author's idea
39. Diving bird
40. Cow, when making its familiar cow noise
41. Without
42. Fragment
43. Incumbency
44. Stand-up/improv/sketch venue in downtown Montreal
46. 1984 Kim Mitchell album: '__ Alogo'
50. Frostiness
51. Mr. Cobb, and others
52. Reveal the imposter's identity
53. Unwavering
56. Spaces
57. Give off
59. Like Romaine lettuce
62. Pre-day nights
63. Court plea, __ contendere
64. Country icon Mr. Haggard
65. Depend on
66. Univ. treatise
67. Supplement: 2 wds.

DOWN
1. Snug __ _ bug
2. Vancouver Canucks org.
3. Big avenue in Winnipeg
4. Mr. Epps
5. _-_-daisy!
6. Giraffes like munching on this tree
7. Spatulas and tongs: 2 wds.
8. Beige
9. Painter's pattern producer
10. Some succulents
11. 'A' of E.A.P.
12. Cartoons voicer Mel
13. New Wave instr.
21. Gracious
23. "__ in the Family"
24. Accumulate
25. __ del Sol (Region of Spain)
29. Bear: French
30. Weep
31. Home's railing wood
34. "__ __ further." (Don't take another step)
35. Palace's posh 'patio' place
36. Upbeat/cheerful
37. Put on an outfit
39. Direct
40. Kitten cry
42. Library shelf support
43. Kind
44. Radio types, e.g.
45. " " and " "
46. Drilled-hole maker
47. Between 10-and-a-Queen fellow
48. Press onward
49. Big amount-ish
54. Soprano Ms. Gluck
55. Good gesture
58. Me: French
60. "Alice" waitress
61. Pine

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are ambitious today! Whatever you want, you will do anything within your power to get. (Everyone else better step aside!)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly degenerate into a nasty argument. People are intense and ruthless today!

Gemini May 22 - June 21
Disputes about shared property and inheritances might be problematic today. Neither party will budge. Caution: You might increase opposition to yourself.

Cancer June 22 - July 23
Be patient with partners and close friends today in order to avoid a conflict. This is the kind of day where people are just downright pushy.

Leo July 24 - Aug. 23
You are prepared to work hard today to get what you want. Nothing will stand in your way, because you will plow ahead regardless of what you encounter. Do not alienate co-workers.

Virgo Aug. 24 - Sept. 23
Romance is passionate today. However, it also can be a bit thoughtless and insensitive. Don't accept treatment that makes you feel bad. You don't deserve this.

Libra Sept. 24 - Oct. 23
To avoid family conflicts today, use your energy to fix up where you live. Make improvements. You especially can make a positive difference in laundry areas and bathrooms.

Scorpio Oct. 24 - Nov. 22
This is a powerful day for those who sell, market, teach, act or write because not only are you persuasive, you are impossible to resist. You will say what you mean and mean what you say!

Sagittarius Nov. 23 - Dec. 21
Disputes about money and possessions are likely today. Try to avoid these if you can, because they will be nasty. Go gently.

Capricorn Dec. 22 - Jan. 20
Take a realistic look in the mirror and ask yourself what you can do to improve your appearance. After all, you never get a second chance to make a first impression.

Aquarius Jan. 21 - Feb. 19
You might be in conflict with a friend today or a member of a group because you don't agree with how things are going. If you are outnumbered, take a step backward.

Pisces
Feb. 20 - March 20
You can use today's energy by working quietly with great purpose behind the scenes, or by working alone. Do not get caught up in the drama of others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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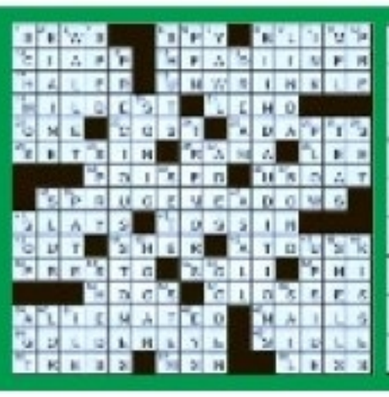

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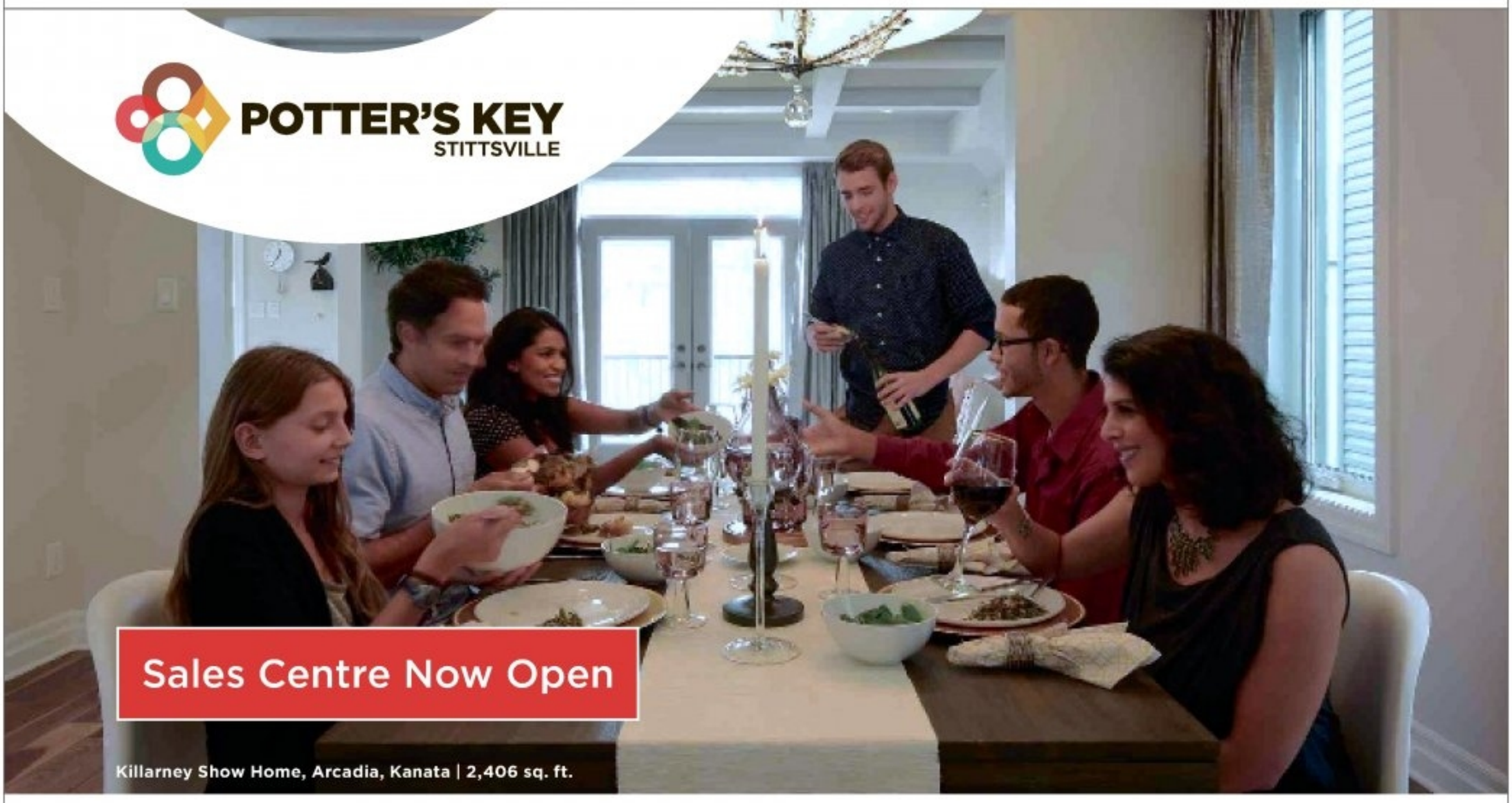

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